**Classic Vanilla Ice Cream**

**Ingredients**

* 250 millilitres whole milk
* 500 millilitres double cream (heavy cream)
* 150 grams caster sugar
* 4 large egg yolks
* 1 vanilla pod, split lengthwise, or 2 teaspoons of vanilla extract

**Preparation time**

* Active time: 25 minutes
* Inactive time (chilling and freezing): 4-8 hours

**Utensils needed**

* Medium saucepan
* Whisk
* Heatproof bowl
* Fine-mesh sieve
* Spatula
* Ice cream maker
* Freezer-safe container

**Preparation instructions**

1. Pour the milk and cream into a medium saucepan. Scrape the seeds from the vanilla pod into the pan and add the pod itself. Heat the mixture over a medium heat until it is steaming and small bubbles form around the edge. Do not allow it to boil. Remove from the heat and allow the vanilla to infuse for 30 minutes.
2. In a separate heatproof bowl, whisk the egg yolks and caster sugar together until the mixture is pale and has thickened.
3. Remove the vanilla pod from the milk mixture. Slowly pour the warm milk mixture onto the egg and sugar mixture, whisking continuously to temper the eggs and prevent scrambling.
4. Pour the entire mixture back into the saucepan. Cook over a low-medium heat, stirring constantly with the spatula, until the custard thickens enough to coat the back of the spatula. This will take approximately 8-10 minutes. Do not let it boil. If using vanilla extract instead of a pod, stir it in now.
5. Strain the finished custard through a fine-mesh sieve into a clean bowl to ensure it is smooth.
6. Cover the surface of the custard directly with plastic wrap to prevent a skin from forming and cool it completely in the refrigerator for at least 4 hours, or preferably overnight.
7. Once thoroughly chilled, churn the custard in your ice cream maker according to the manufacturer’s instructions until it reaches a soft-serve consistency.
8. Transfer the ice cream to a freezer-safe container,1 cover, and freeze for at least 2-4 hours, or until firm.

**Number of servings**

* 8 servings

**Nutritional information (per serving)**

* Calories: Approximately 380 kcal
* Fat: 32g
* Carbohydrates: 20g
* Protein: 4g
* Sugar: 20g

*(Note: Nutritional information is an estimate and can vary based on specific ingredients used.)*

**Allergen information**

* Contains: **Milk**, **Eggs**.